



### Wellbeing (2/7)

---

Please tell us how much of the time **during the past week...**

... you felt depressed?



None or almost  
none of the time



Some of the time



Most of the time



All or almost all of  
the time

---

... you felt that everything you did was an effort?



None or almost  
none of the time



Some of the time



Most of the time



All or almost all of  
the time

---

... your sleep was restless?



None or almost  
none of the time



Some of the time



Most of the time



All or almost all of  
the time

---

... you were happy?



None or almost  
none of the time



Some of the time



Most of the time



All or almost all of  
the time

---

... you felt lonely?



None or almost  
none of the time



Some of the time



Most of the time



All or almost all of  
the time

---

... you enjoyed life?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you felt sad?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you couldn't get going?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

And please tell us how much of the time **during the past week...**

... you had a lot of energy?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you felt anxious?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you felt tired?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you were absorbed in what you were doing?

☐  
None or almost  
none of the time

☐  
Some of the time

☐  
Most of the time

☐  
All or almost all of  
the time

---

... you felt calm and peaceful?

☐ None or almost  
none of the time

☐ Some of the time

☐ Most of the time

☐ All or almost all of  
the time

---

... you felt bored?

☐ None or almost  
none of the time

☐ Some of the time

☐ Most of the time

☐ All or almost all of  
the time

---

... you felt really rested when you woke up in the morning?

☐ None or almost  
none of the time

☐ Some of the time

☐ Most of the time

☐ All or almost all of  
the time

---

[+ add a comment](#)

[« Previous](#)

[Next page »](#)